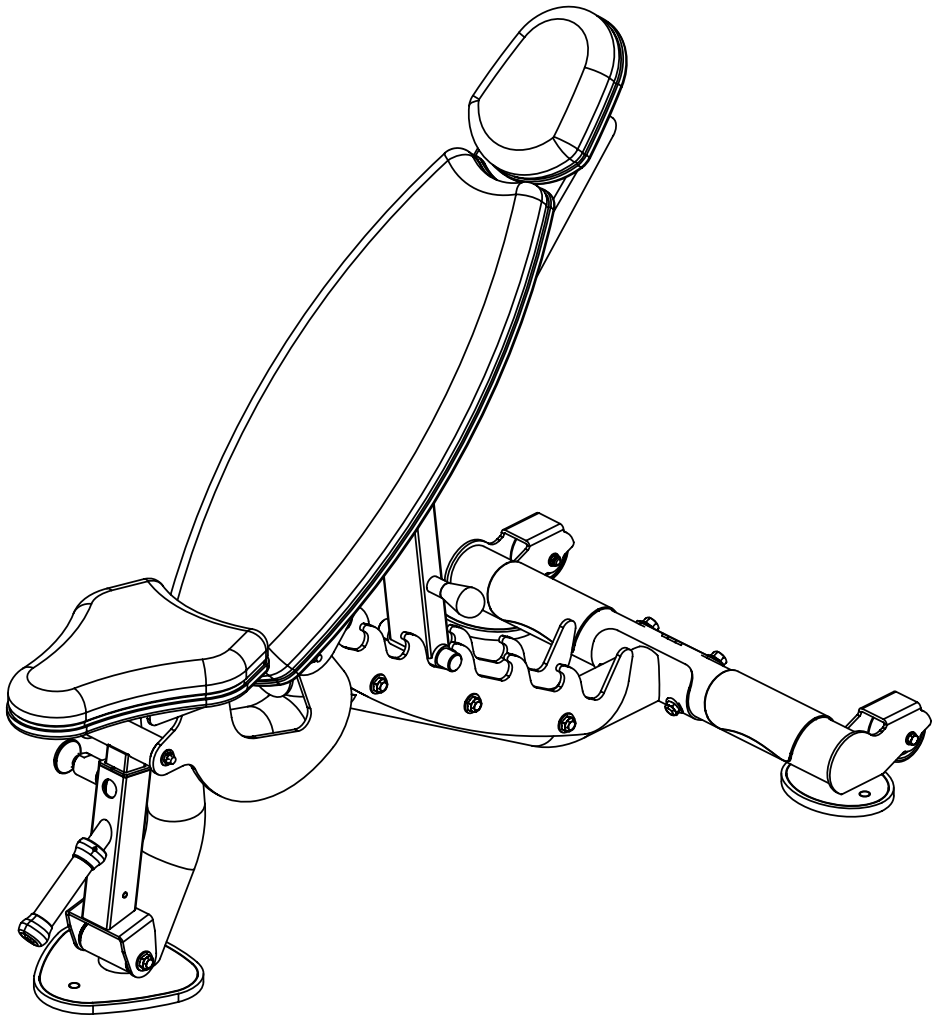
OWNER'S MANUAL

CF-3160

FLAT/INCLINE BENCH



****WARNING !****

TO PREVENT POSSIBLE TIPPING, BOLT THIS UNIT TO THE EXERCISE FLOOR. FAILURE TO DO SO MAY RESULT IN SERIOUS INJURY OR DEATH.

Note: Both Serial Number and Model Number are Required when Ordering Parts

RECORD SERIAL NUMBER HERE

CATALOG NUMBER

0808 - 002

Customer Service

(800) 548-5438

(858) 578-7676

Fax

(858) 578-9558

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INSTRUCTIONS

Before beginning assembly please take the time to read instructions thoroughly. Please use the various lists in this manual to make sure that all parts have been included in your shipment. When ordering, use part number and description from the lists. Use only HOIST replacement parts when servicing. Failure to do so will void your warranty and could result in personal injury.

HOIST equipment is designed to provide the smoothest, most effective exercise motion possible. After assembly, you should check all functions to ensure correct operation. If you experience problems, first recheck the assembly instructions to locate any possible errors made during assembly. If you are unable to correct the problem, call your authorized HOIST dealer. Be sure to have your serial number and this manual when calling. When all parts have been accounted for, continue on.

TOOLS REQUIRED

Ratchet Wrench

1/2", 9/16" and 3/4" Sockets

Adjustable Wrench

Rubber Mallet

Tape Measure

Level

Hex Key Wrench Set

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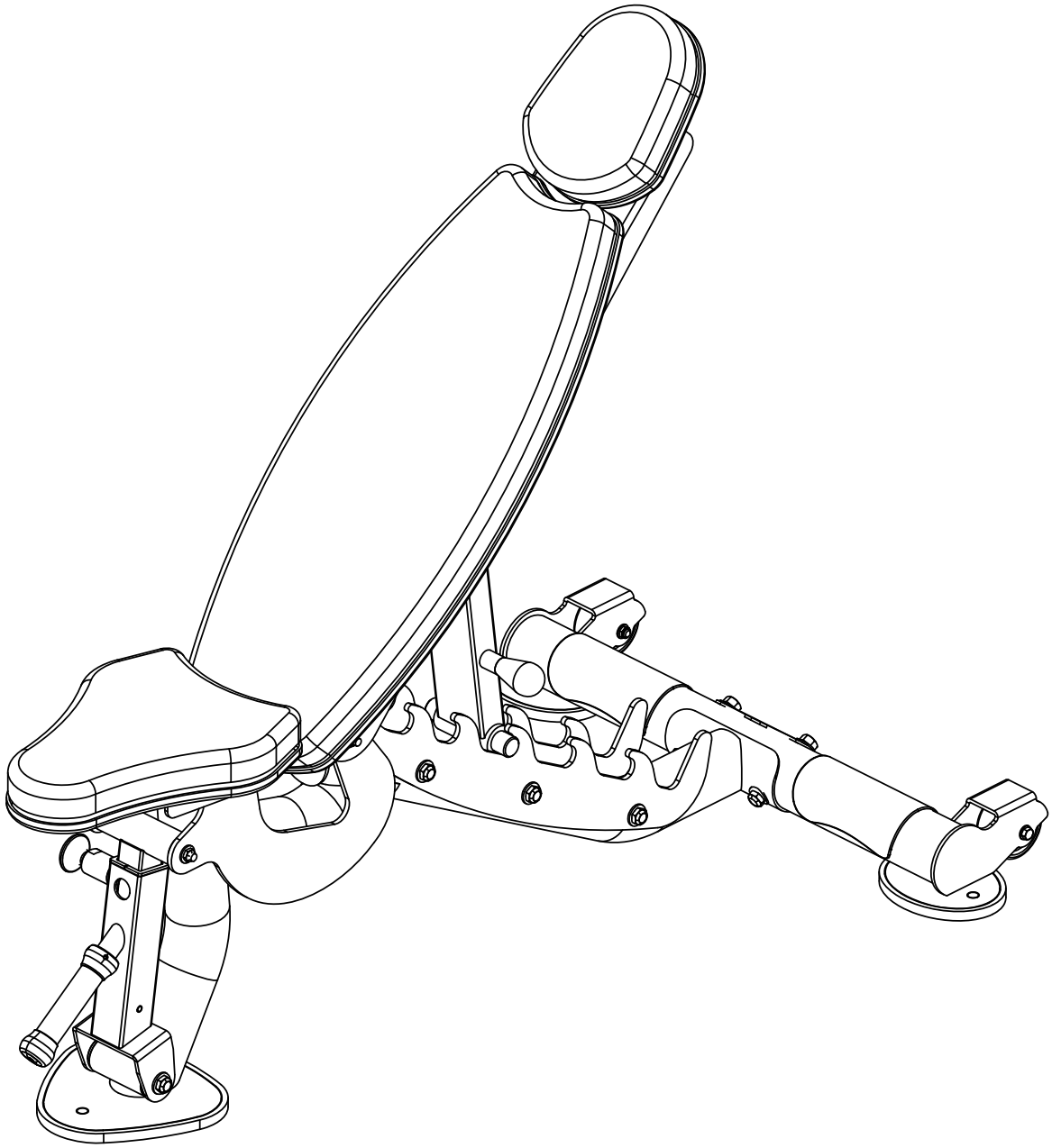
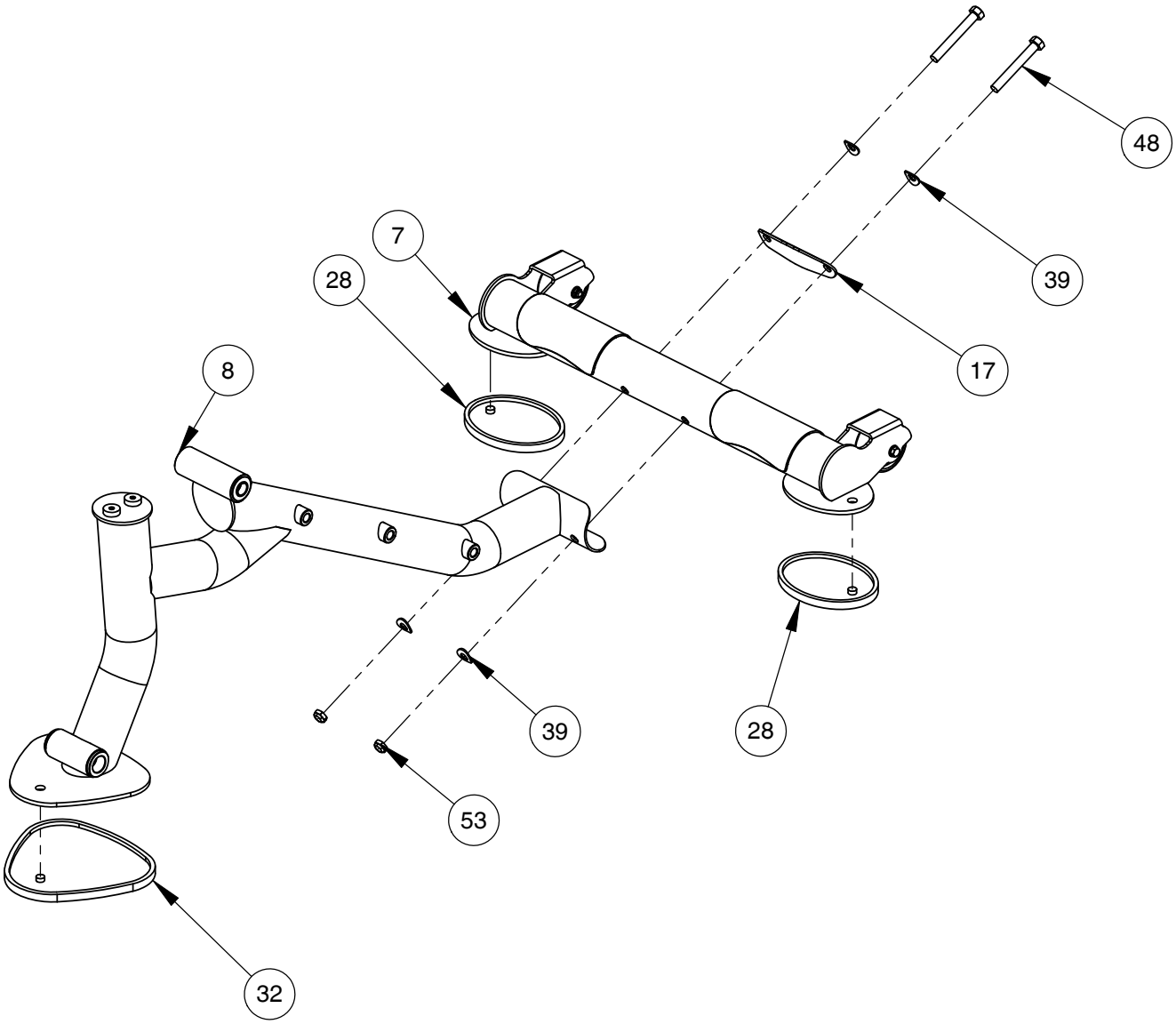
FRAME ASSEMBLY



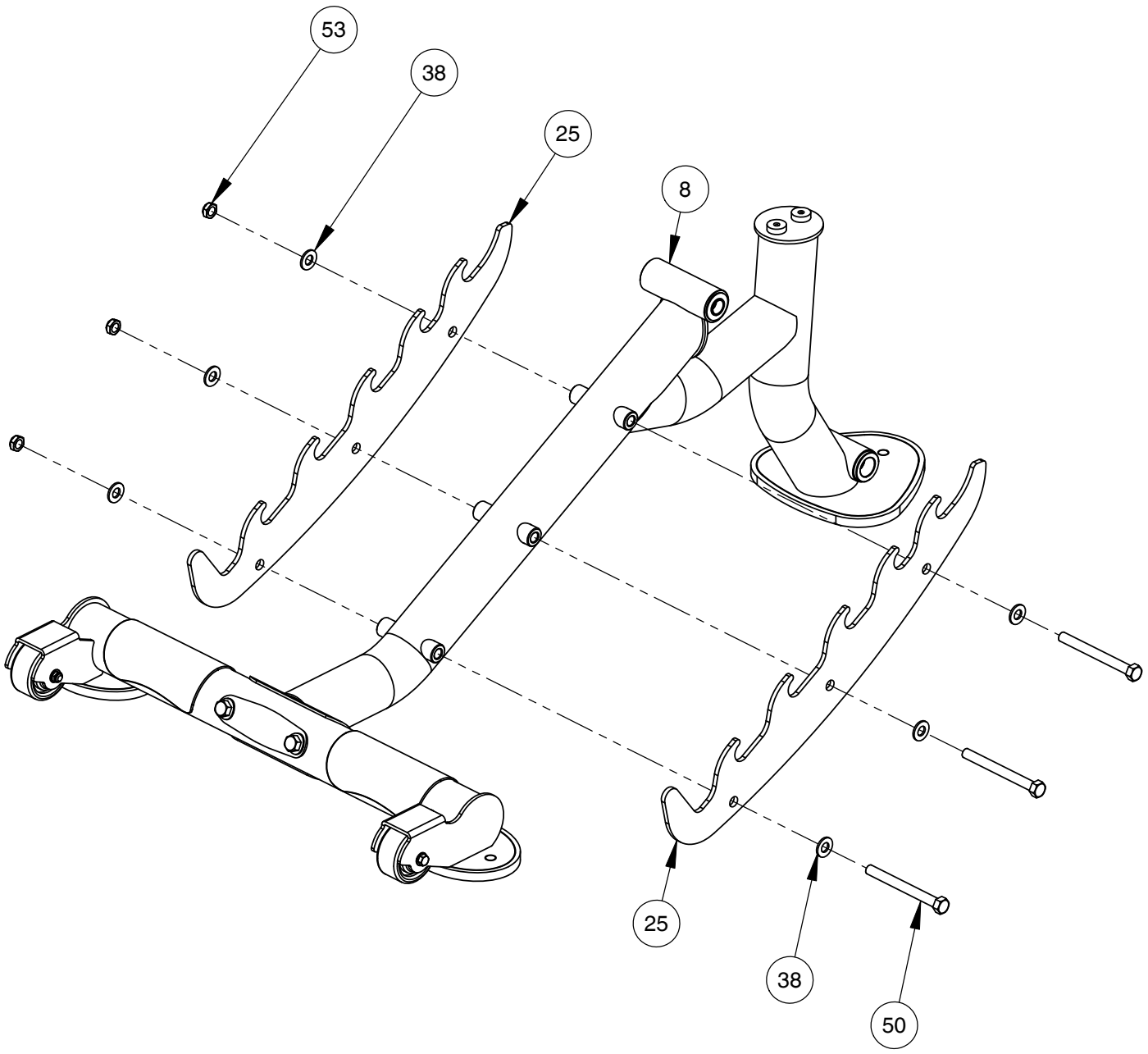
FRAME ASSEMBLY

NOTE:
- HAND TIGHTEN HARDWARE.



FRAME ASSEMBLY

NOTE:
- WRENCH TIGHTEN HARDWARE.



FRAME ASSEMBLY

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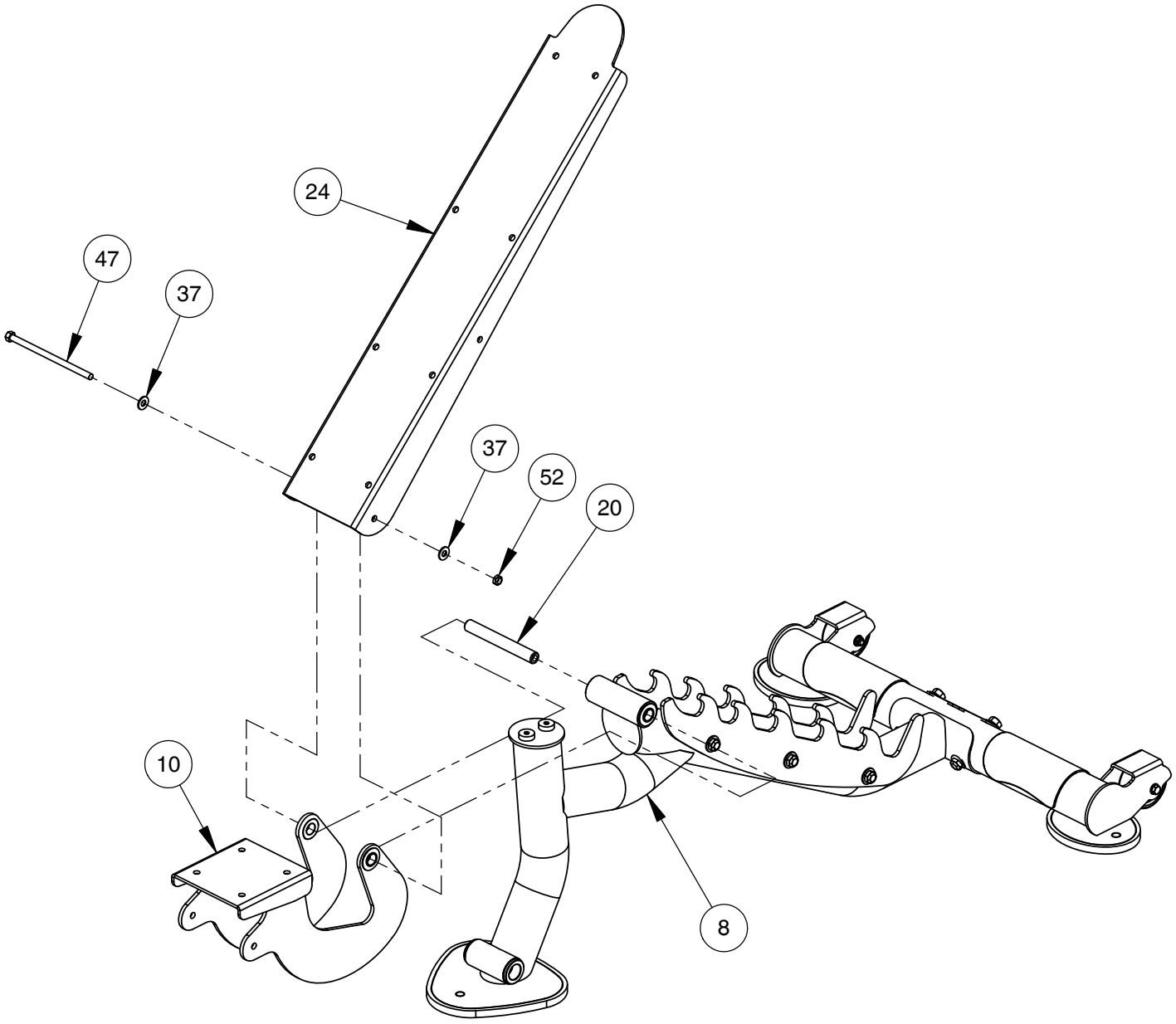

FRAME ASSEMBLY

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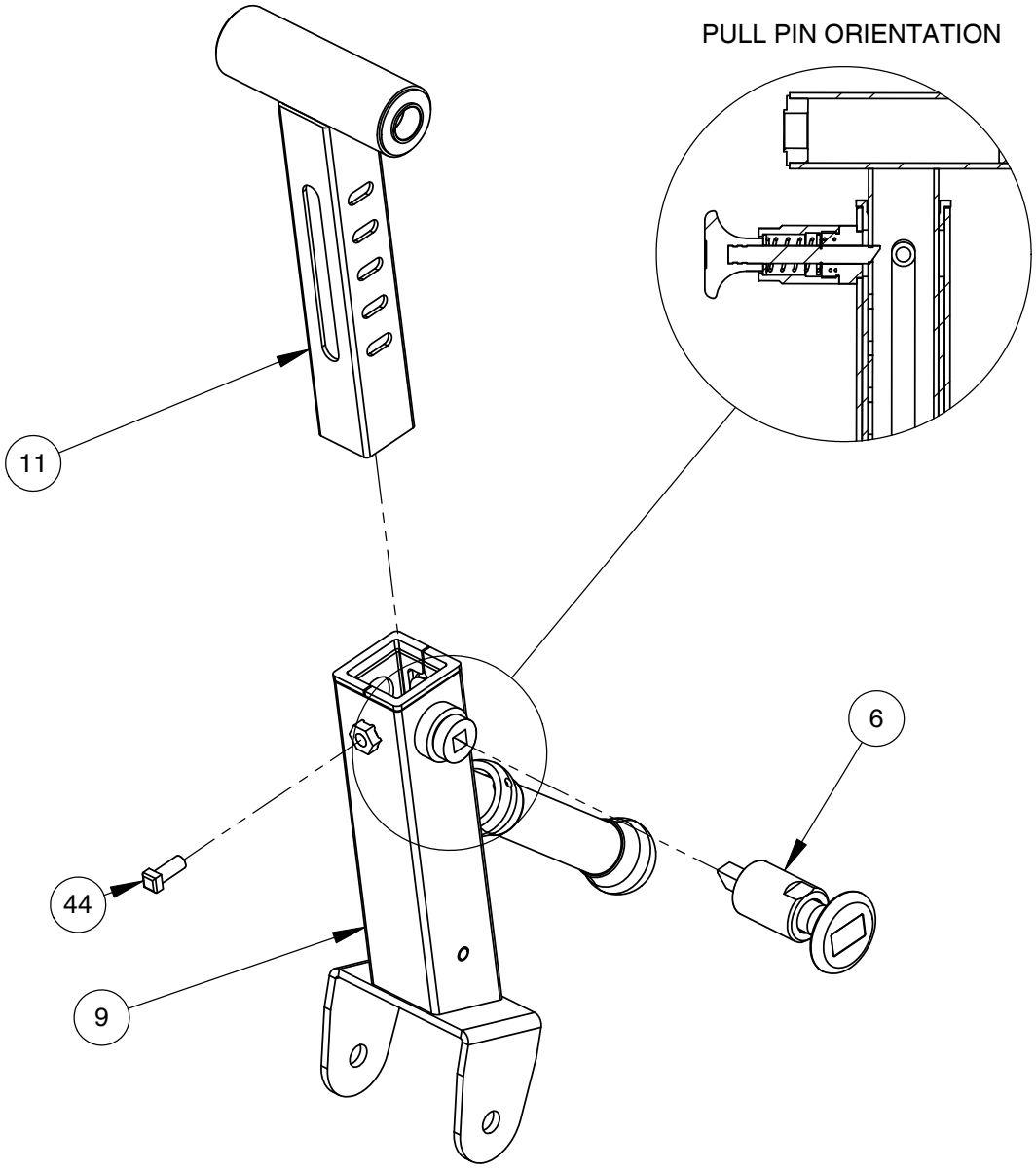

FRAME ASSEMBLY

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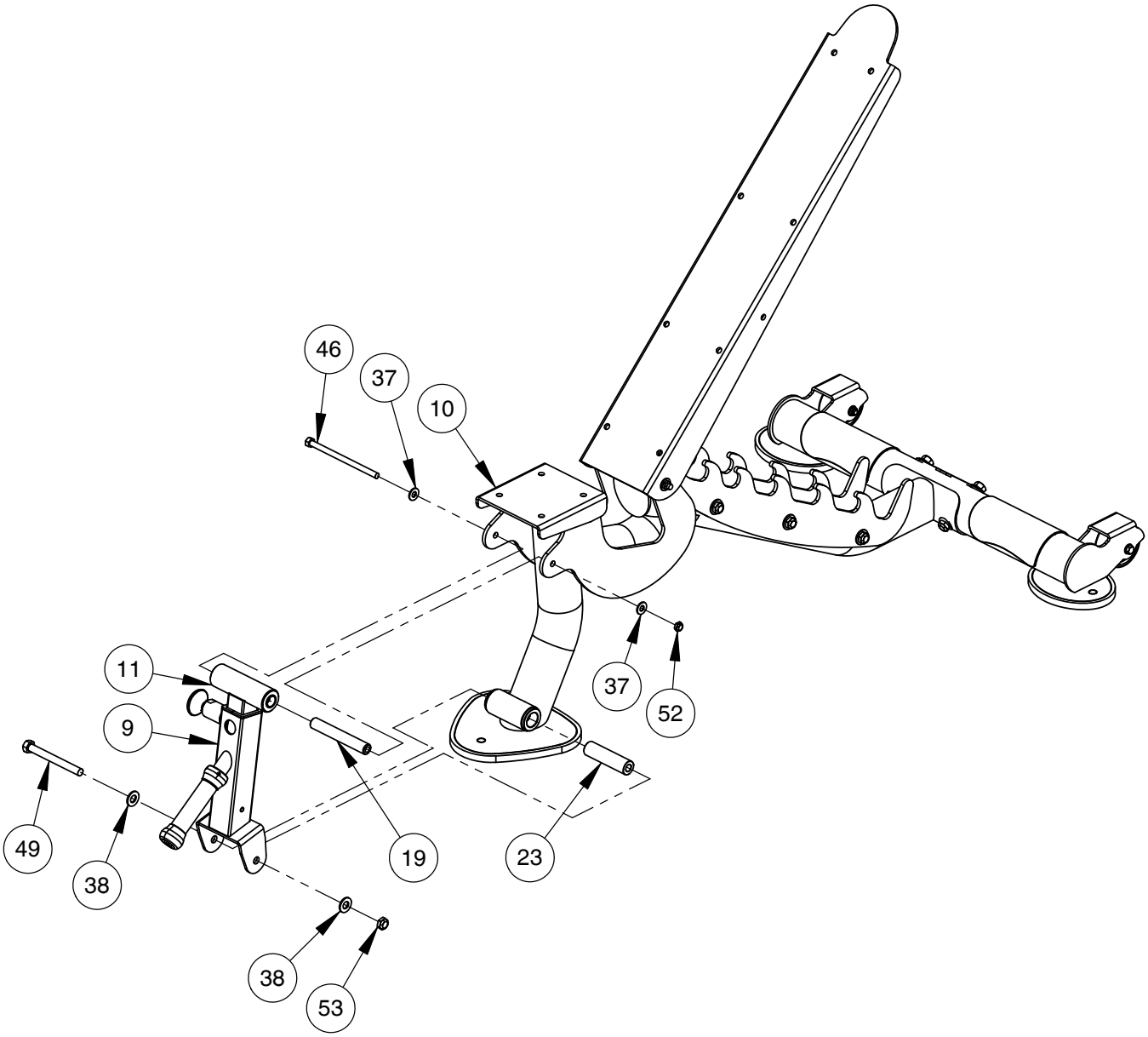

FRAME ASSEMBLY

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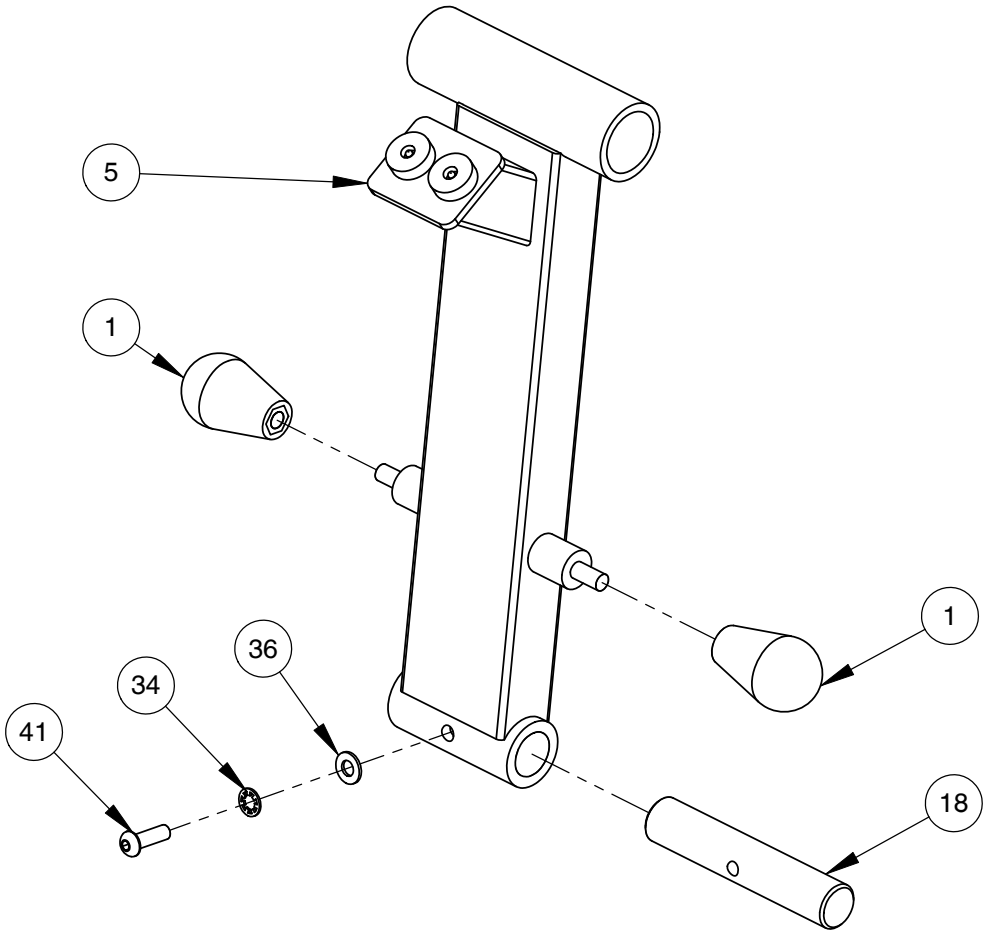
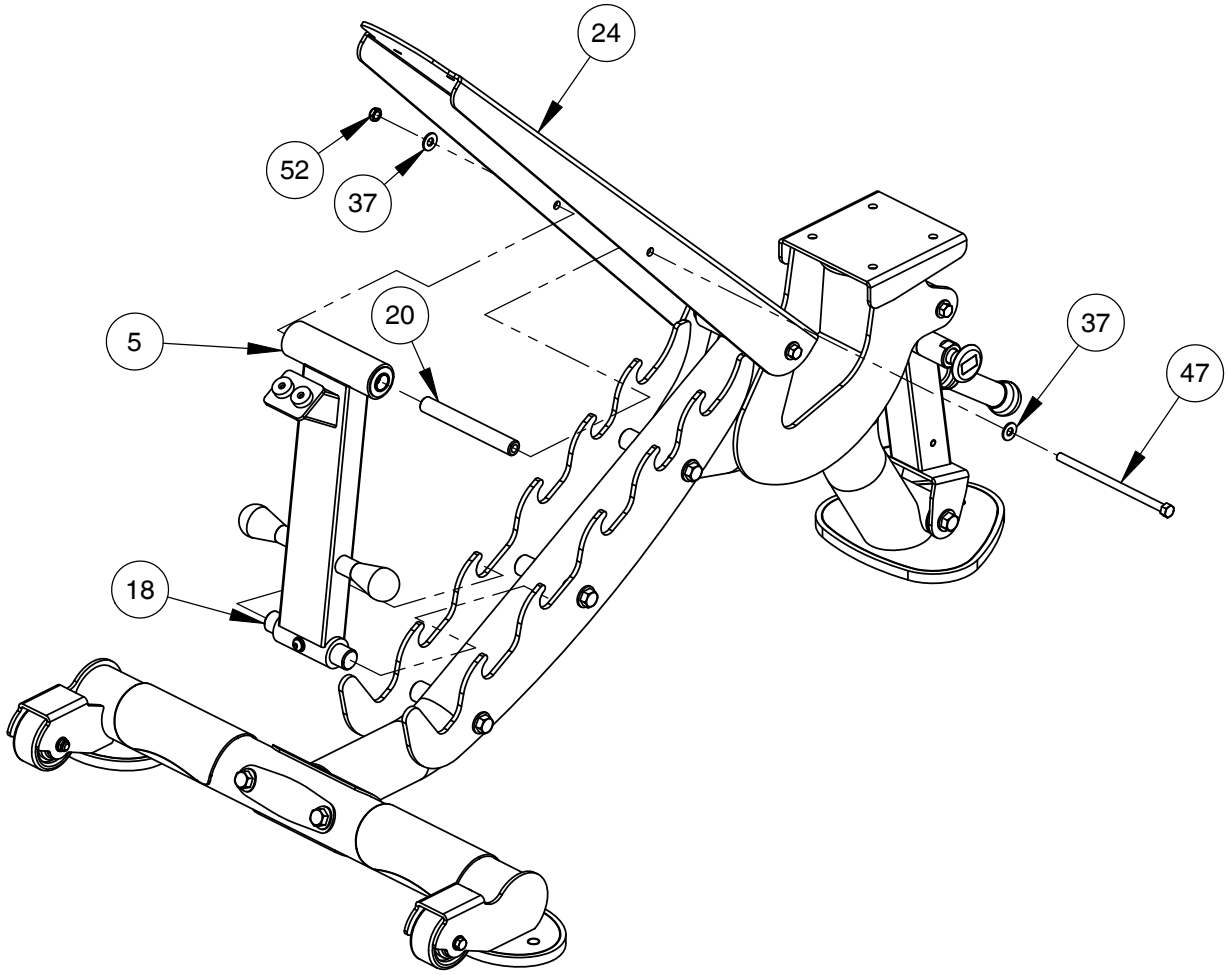


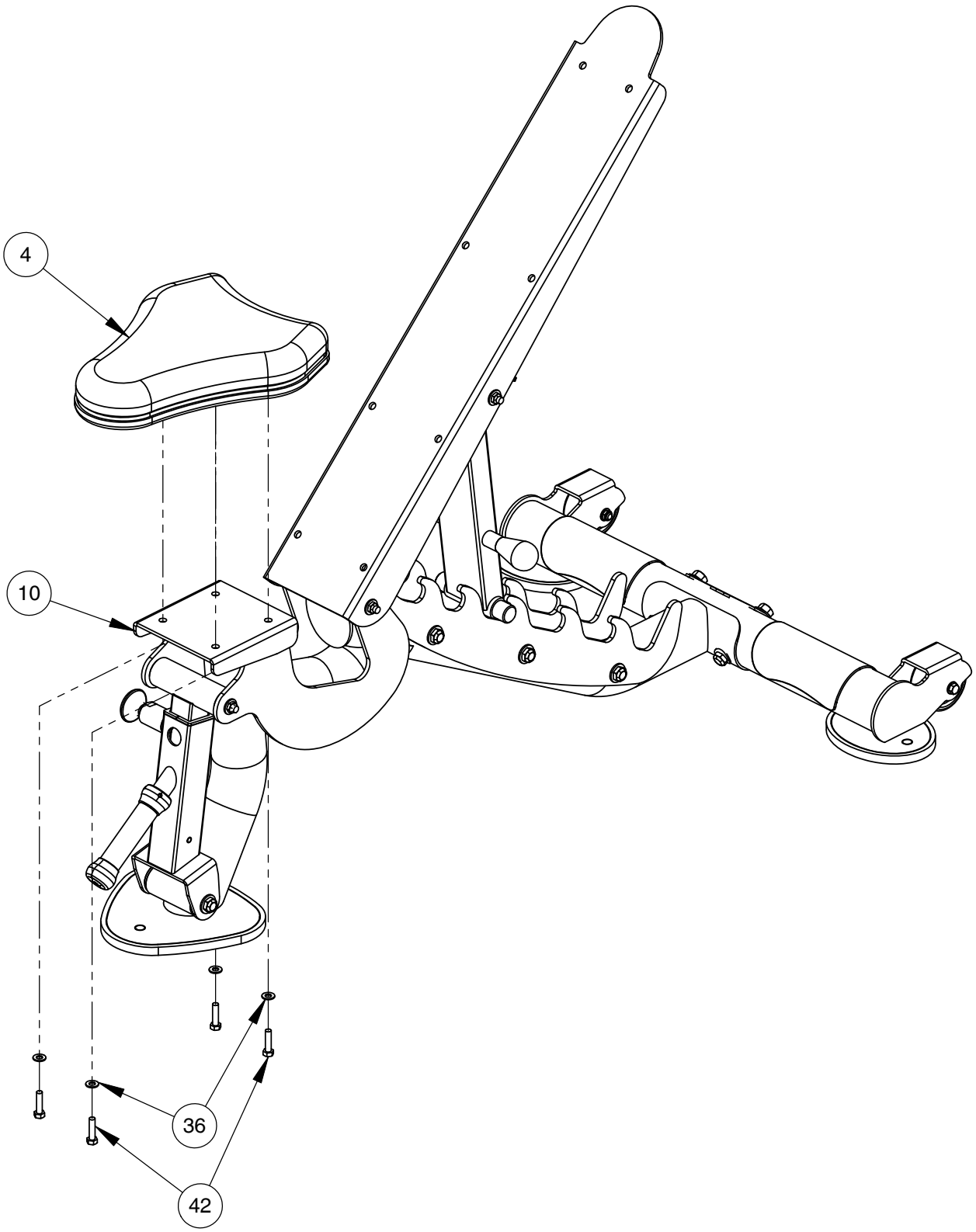
FRAME ASSEMBLY

NOTE:
- WRENCH TIGHTEN HARDWARE.



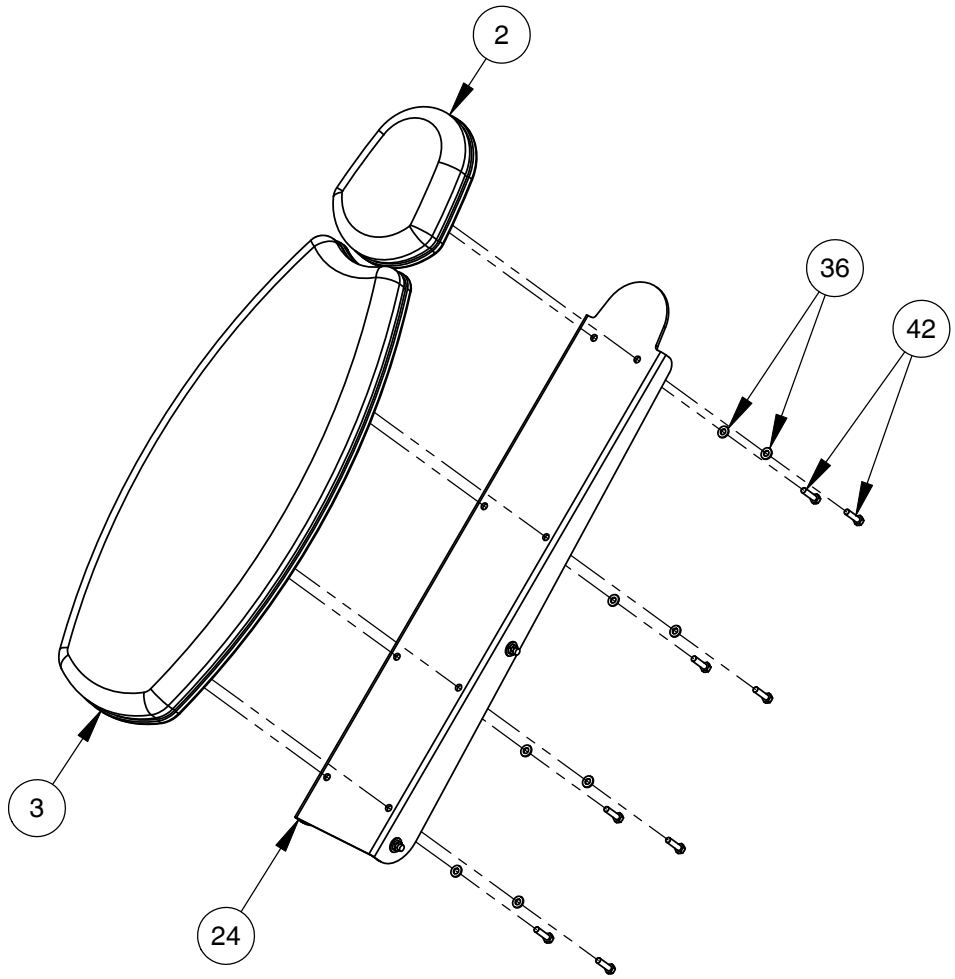
FRAME ASSEMBLY

NOTE:
- WRENCH TIGHTEN HARDWARE.



FRAME ASSEMBLY

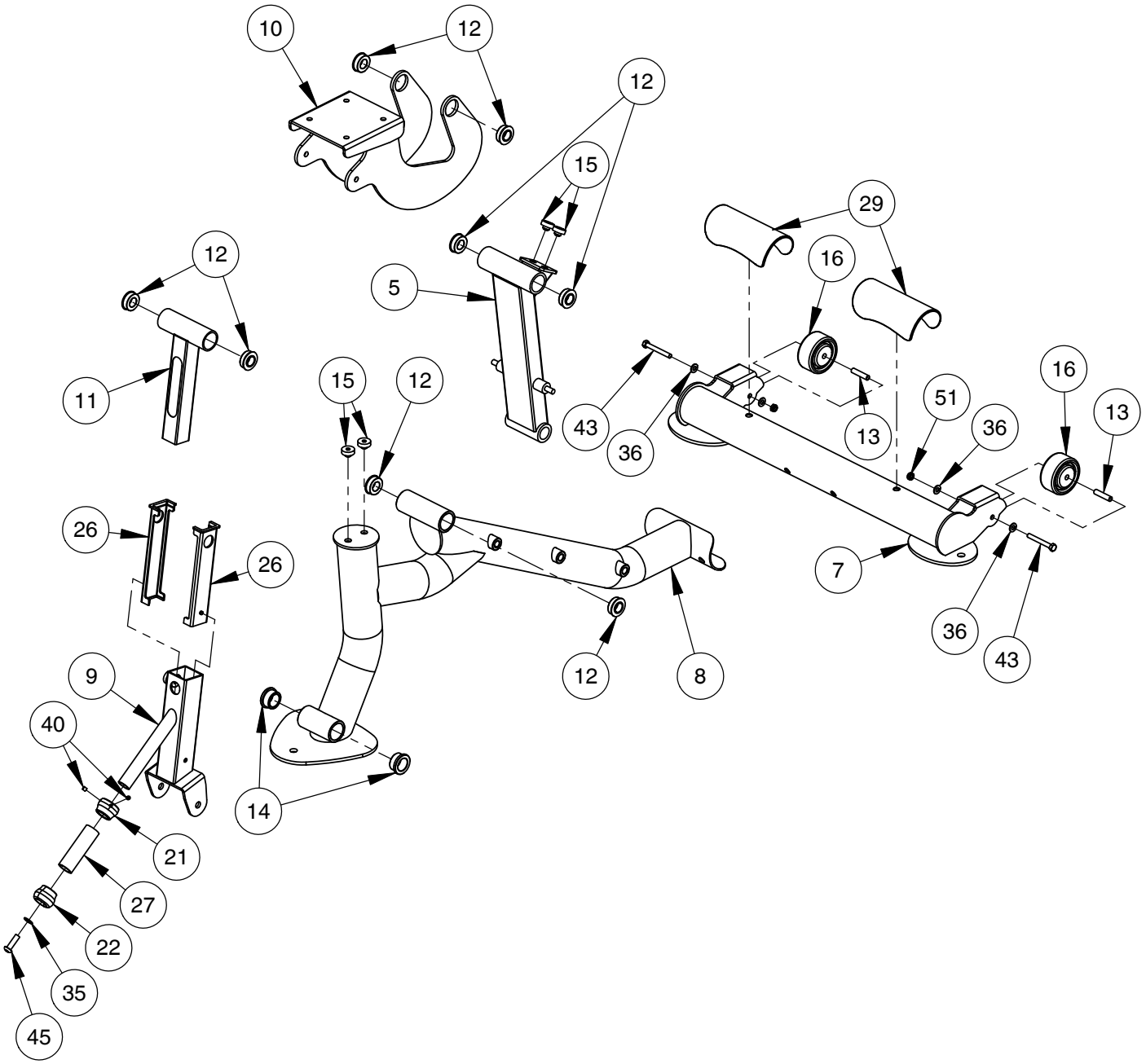
NOTE:
- WRENCH TIGHTEN HARDWARE.
- WRENCH TIGHTEN ALL HARDWARE FROM PREVIOUS STEPS.
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.



IMPORTANT

NOW THAT THE CF-3160 IS COMPLETELY ASSEMBLED TAKE TIME TO ASSURE THAT YOUR UNIT IS ASSEMBLED SQUARE. IF NOT SQUARE, IT WILL BE NECESSARY TO LOOSEN SOME FRAME HARDWARE TO RE-ALIGN THE FRAME AND RETIGHTEN BOLTS.

PRE-ASSEMBLY



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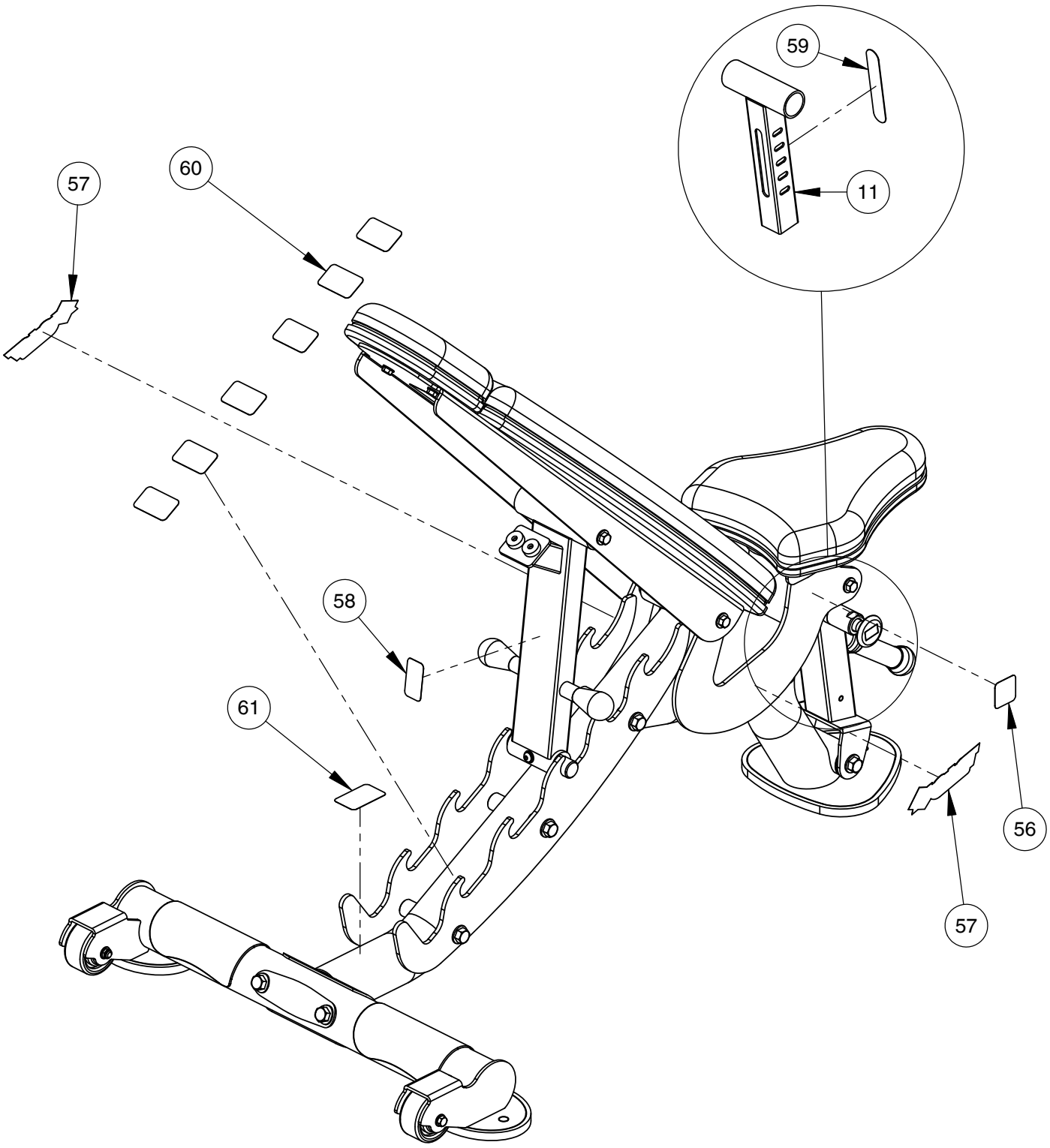
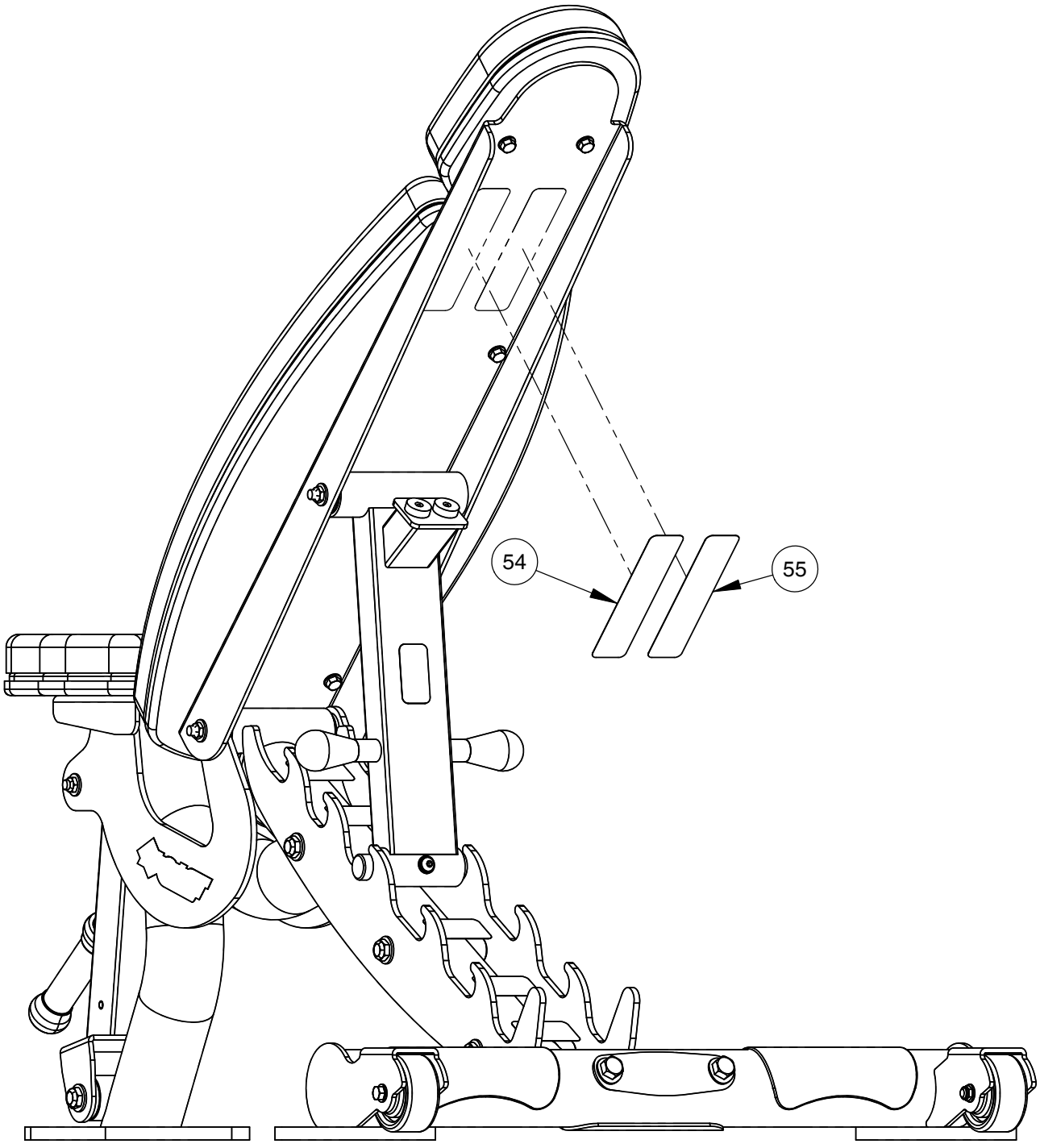
DECAL PLACEMENT

NOTE:
- ALL DECALS ARE CENTERED UNLESS OTHERWISE STATED.

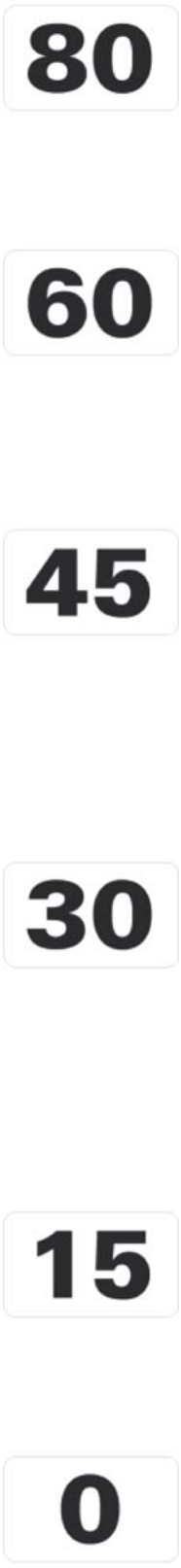


DECAL PLACEMENT

NOTE:
- ALL DECALS ARE CENTERED UNLESS OTHERWISE STATED.

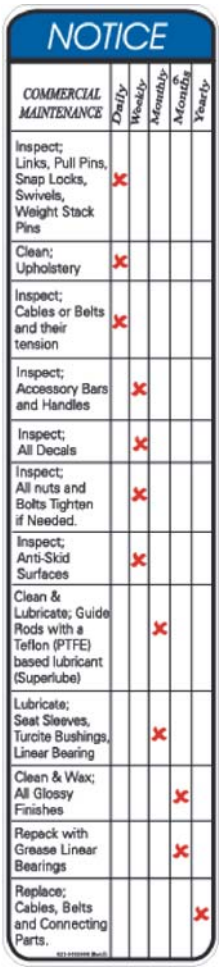


DECAL REFERENCE



WARNING
USE ONLY GENUINE REPLACEMENT PARTS. FAILURE TO DO SO WILL VOID WARRANTY AND COULD RESULT IN PERSONAL INJURY OR EVEN DEATH. THERE IS A RISK ASSUMED BY INDIVIDUALS WHO USE THIS TYPE OF EQUIPMENT. TO MINIMIZE THE RISK ALWAYS FOLLOW THESE SIMPLE RULES.
1. READ & UNDERSTAND ALL ENCLOSED INSTRUCTIONS before using this equipment.
2. INSPECT EQUIPMENT BEFORE EACH USE. Replace all parts at the first signs of wear or damage. If in doubt about a certain part, DO NOT use the equipment until the part is replaced. Failure to replace worn or damaged parts may result in injury.
3. FOLLOW ROUTINE MAINTENANCE SCHEDULE
4. CONSULT YOUR PHYSICIAN BEFORE STARTING ANY EXERCISE PROGRAM. Warm up properly before engaging in weight resistence training. Stop exercising if you feel faint or dizzy.
5. TO PREVENT THE POSSIBILITY OF SERIOUS INJURY, KEEP CLEAR OF ALL MOVING PARTS. Do not attempt to free any jammed part by yourself. Obtain assistance in order to avoid possible injury.
6. Take your time and do not rush the exercise. Practice proper breathing, NEVER hold your breath.
7. CHILDREN SHOULD NOT BE ALLOWED TO USE THIS EQUIPMENT WITHOUT ADULT SUPERVISION. To avoid possible injury, bystanders should be kept at a safe distance when this equipment is in use.
8. CALL YOUR AUTHORIZED DISTRIBUTOR if you have any questions on the proper use or maintenance of this equipment.

021-0003135


NOTICE
COMMERCIAL MAINTENANCE
Daily
Weekly
Monthly
6 Months
Yearly
Inspect; Links, Pull Pins, Snap Locks, Swivels, Weight Stack Pins
Clean; Upholstery
Inspect; Cables or Belts and their tension
Inspect; Accessory Bars and Handles
Inspect; All Decals
Inspect; All nuts and Bolts Tighten if Needed.
Inspect; Anti-Skid Surfaces
Clean & Lubricate; Guide Rods with a Teflon (PTFE) based lubricant (Superlube)
Lubricate; Seat Sleeves, Turcite Bushings, Linear Bearing
Clean & Wax; All Glossy Finishes
Repeck with Grease Linear Bearings
Replace; Cables, Belts and Connecting Parts.

021-0003008

021-0003544

SERIAL # DECAL

021-0003229

021-0003322

021-0004134

021-0003230

PART LIST

NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED

ITEM NO.	PART NUMBER	DESCRIPTION	QTY.
1	020-0007004	KNOB - OVAL	2
2	022-01PD2205-A	HEAD PAD ASSEMBLY	1
3	022-01PD2207-A	BACK PAD ASSEMBLY	1
4	022-01PD2313	SEAT PAD ASSEMBLY	1
5	026-01X1636	ANGLE SUPPORT	1
6	026-01X3160	RATCHET PULL-PIN ASSEMBLY	1
7	026-01X5179	BASE ASSEMBLY	1
8	026-01X5227	MAIN FRAME	1
9	026-01X5181	ADJUSTER, OUTER ASSEMBLY	1
10	026-01X5182	SEAT MOUNT	1
11	026-01X5183	ADJUSTER, INNER ASSEMBLY	1
12	014-0005001	BEARING: (SMALL) Ø1.37" O.D. X Ø.75" I.D.	8
13	014-0016006	∅.37" X .32" I.D. X 1.63" LG SLEEVE	2
14	014-0101017	BUSHING: OILITE FLANGED Ø1.00" ID X Ø1.38" OD X .75" LG.	2
15	019-0001001	PLUG BUMPER	4
16	020-0013001	WHEEL ∅3"	2
17	026-01F0300	FLANGE .188" H.R.S. Ø3.00"	1
18	026-01M0582	SHAFT, ∅1.00" X 5.25" LG. + TAPPED HOLE	1
19	026-01M0584	∅.75" CRS x 5.13" LG.	1
20	026-01M0585	Ø0.75 CRS x 5.94	2
21	026-01M0936	ALUMINIUM RING: ∅ 1.00" I.D.	1
22	026-01M0937	END CAP: ALUMINUM ∅1.0" I.D.	1
23	026-01M2285	PIVOT SHAFT Ø1.000" X 3.77" LG.	1
24	026-01P6232	BACK PAD MOUNT	1
25	026-01P6259	RACK	2
26	026-01PL0125-125	E-Z GLIDE PLASTIC SLEEVE	2
27	026-01PL0206-26	OPEN END GRIP ∅1.00"	1
28	026-01PL2122-B	OVAL-SHAPED RUBBER FOOT	2
29	026-01PL2179	PLASTIC SCUFF GUARD 6.85" LG.	2
32	026-01PL2319	RUBBER FOOT 8.41" X 9.13"	1
34	013-0102021	5/16" INTERNAL LOCK WASHER	1
35	013-0408001	3/8" INTERNAL LOCK WASHER (SS)	1
36	013-0302008	5/16" SAE FLAT WASHER (WZ)	17
37	013-0402007	3/8" X 22mm FLAT WASHER (WZ)	6
38	013-0102003	1/2" X 27mm SAE FLAT WASHER (WZ)	8
39	013-0202007	1/2" CURVED WASHER (WZ)	4
40	011-0411001	SET SCREW: 1/4"-28 X .25" LG. (SS)	2

PART LIST CONTINUED

NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED

ITEM NO.	PART NUMBER	DESCRIPTION	QTY.
41	011-0101030	5/16"-18UNC X 1.00" BHCS (WZ)	1
42	011-0107011	5/16"-18UNC X 1.25" HHB (WZ)	12
43	011-0007069	5/16"-18UNC X 2.50" HHB (WZ)	2
44	011-0311013	3/8-16UNC X .75" SQUARE HEAD (WZ)	1
45	011-0401002	3/8"-16UNC X 1.25" BHCS (SS)	1
46	011-0107070	3/8"-16UNC X 6.25" HHB (WZ)	1
47	011-0407054	3/8"-16UNC X 7.00" HHB (WZ)	2
48	011-0107050	1/2"-13UNC X 3.75" HHB (WZ)	2
49	011-0407055	1/2"-13UNC X 4.75" HHB (WZ)	1
50	011-0107014	1/2"-13UNC X 5.00" HHB (WZ)	3
51	012-0102006	5/16-18 UNC THIN NUT	2
52	012-0104008	3/8"-16 UNC THIN NYLOCK NUT (WZ)	3
53	012-0304011	1/2"-13 UNC THIN NYLOCK NUT (WZ)	6
54	021-0003008	DECAL COMMERCIAL MAINTENANCE 1.50" X 6.69"	1
55	021-0003135	DECAL WARNING 1.50" X 6.69"	1
56	021-0003229	DECAL 1000 LB. WEIGHT RATING 1.63" X 1.63"	1
57	021-0003230	DECAL HOIST 1.63" X 5.93"	2
58	021-0003322	DECAL PINCH POINT 1.25" X 2.31" (VERTICAL)	1
59	021-0003544	DECAL ADJUST 1-5 VERTICAL TXT.	1
60	021-0004134	DECAL: 0,15,30,45,60,80	1
61	SERIAL # DECAL	DECAL HOIST SERIAL # 1.63" X 2.63"	1

ABBREVIATIONS

BZ = Black Zinc

WZ = White Zinc

HHB = Hex Head Bolt

FHCS = Flat Head Cap Screw

BHCS = Button Head Cap Screw

SHCS = Socket Head Cap Screw

SHSS = Socket Head Shoulder Screw

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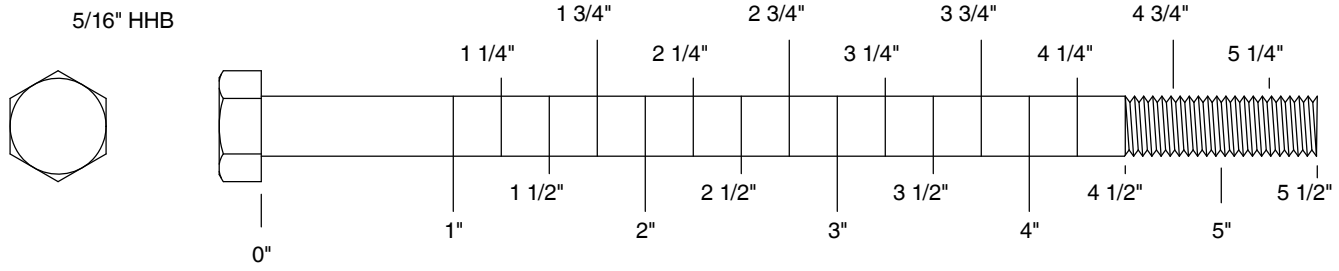
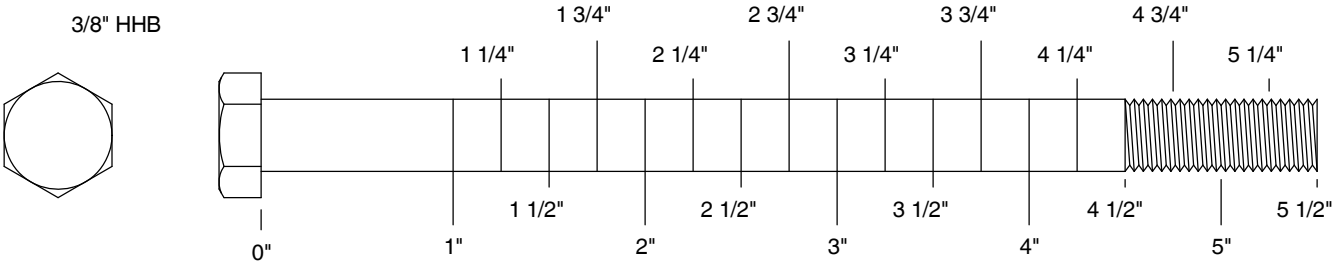
BOLT SIZING CHART

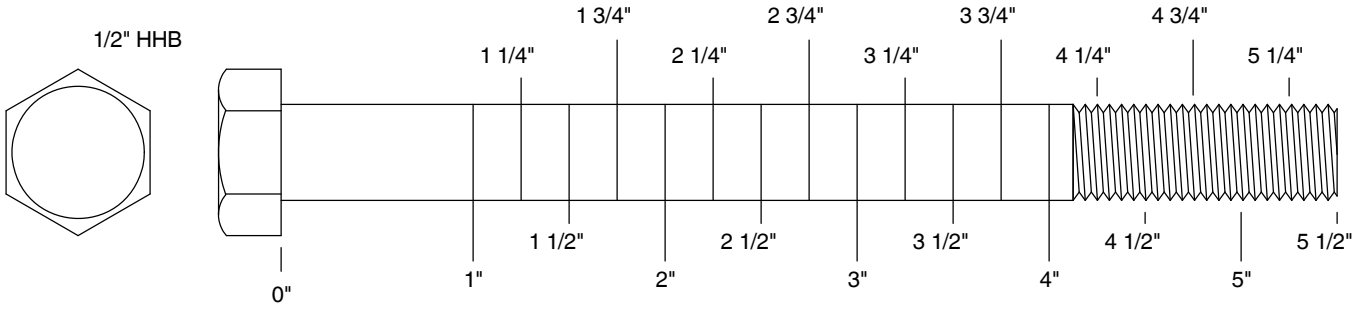
5/16" HHB



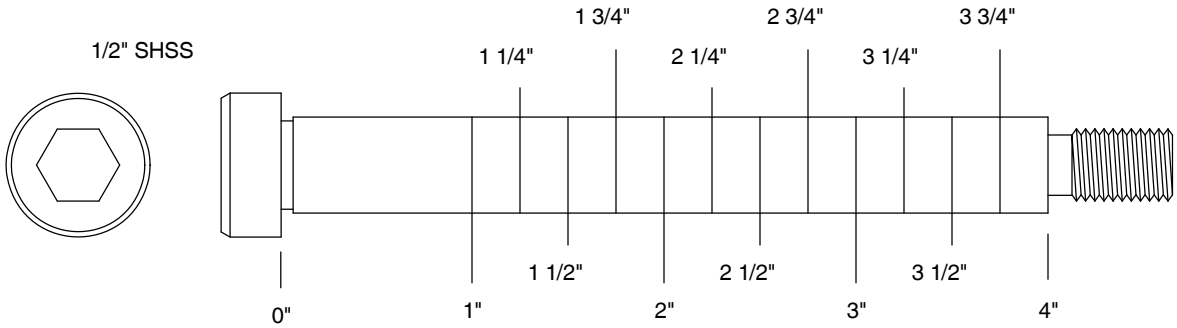
3/8" HHB



1/2" HHB



1/2" SHSS



BOLT SIZING CHART
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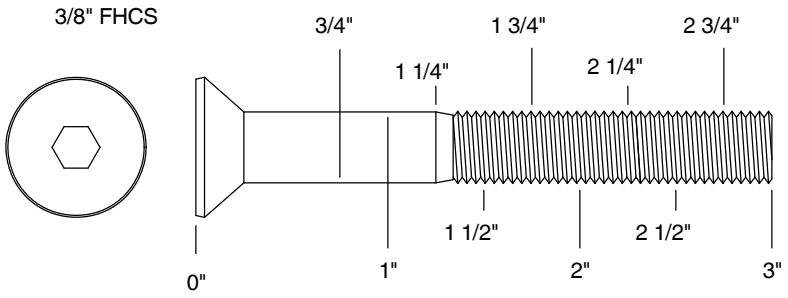
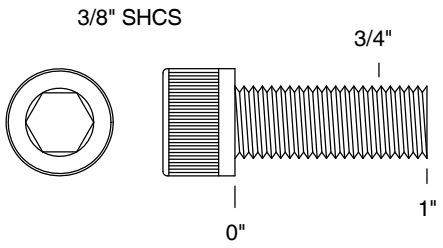
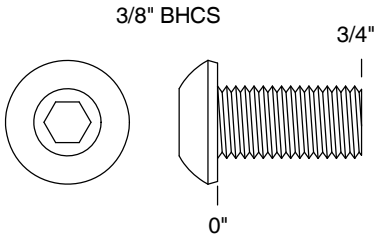
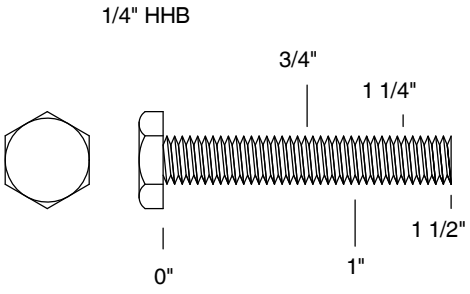
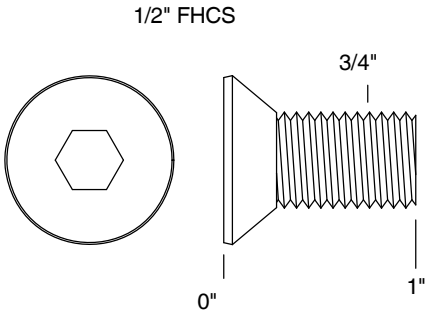




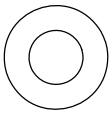




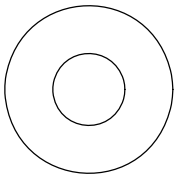


WASHER SIZING CHART

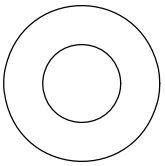
013-0002003
1/4"
FLAT WASHER
SMALL, SAE, 13mm



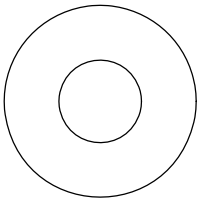
013-0102004
5/16"
FLAT WASHER
LARGE, USS, 22mm



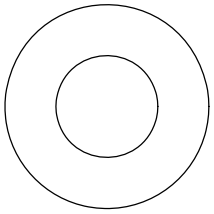
013-0002004
3/8"
FLAT WASHER
SMALL, SAE, 21mm



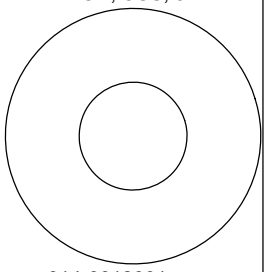
013-0402005
3/8"
FLAT WASHER
LARGE, USS, 25mm



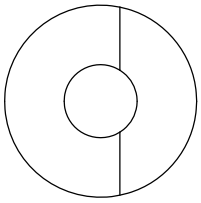
013-0102003
1/2"
FLAT WASHER
SMALL, SAE, 27mm



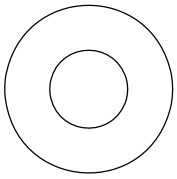
013-0102026
1/2"
FLAT WASHER
LARGE, USS, 34mm



013-0102028
3/8"
CURVED WASHER

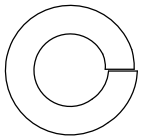


013-0402007
3/8"
FLAT WASHER
22mm O.D.

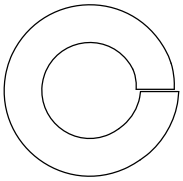


013-0102019
1/4"
LOCK WASHER

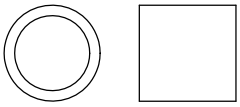
013-0102020
3/8"
LOCK WASHER



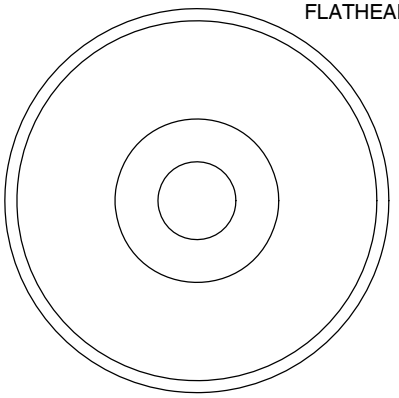
013-0102018
1/2"
LOCK WASHER

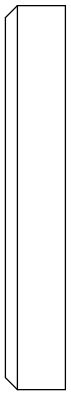


014-0018001
1/2" LONG
SPACER

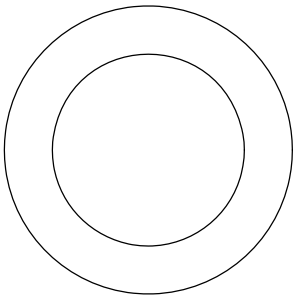


026-01M0238
2" ALUMINUM
FLATHEAD CAP

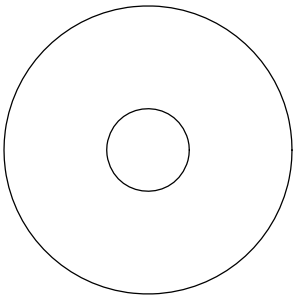




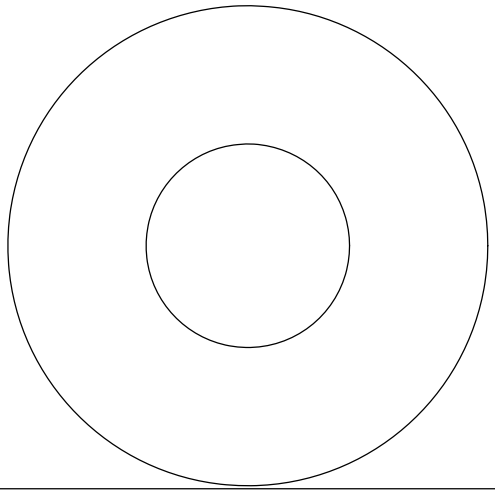
016-0009003
1" SHIM WASHER



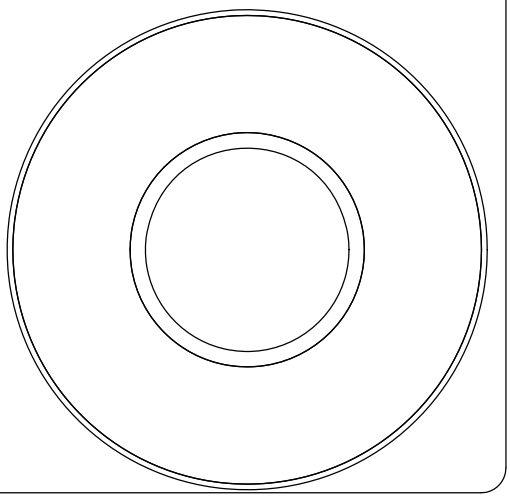
013-0003002
3/8" FENDER WASHER



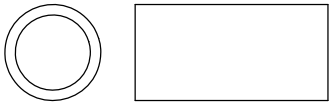
013-0003004
1 1/16"
FENDER WASHER



026-01PL151
PLASTIC 1 1/16"
FENDER WASHER

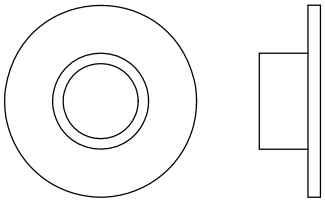


014-0018002
1" LONG
SPACER

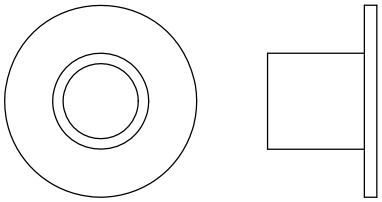


WASHER SIZING CHART
(CONTINUED)

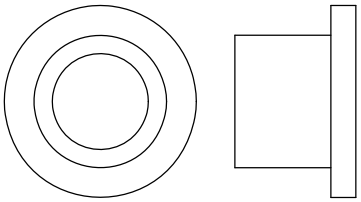
026-01M0211
1/4" LONG
FLANGED SPACER



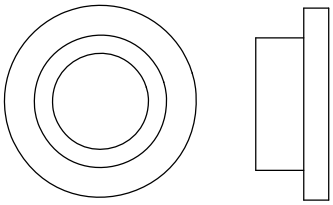
026-01M0198
1/2" LONG
FLANGED SPACER



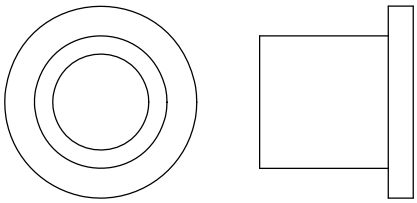
026-01M0760
1/2" LONG HEAVY
FLANGED SPACER



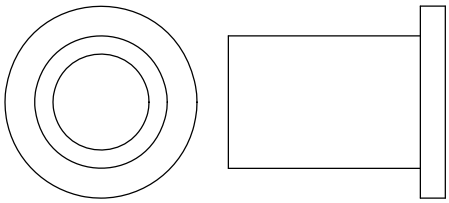
026-01M211T
1/4" LONG HEAVY
FLANGED SPACER



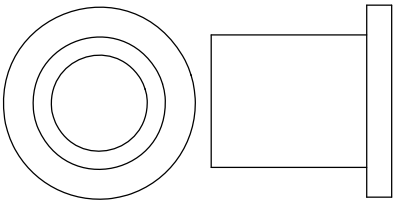
026-01M0532
11/16" LONG HEAVY
FLANGED SPACER



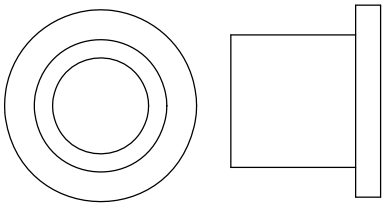
026-01M0551
1" LONG HEAVY
FLANGED SPACER



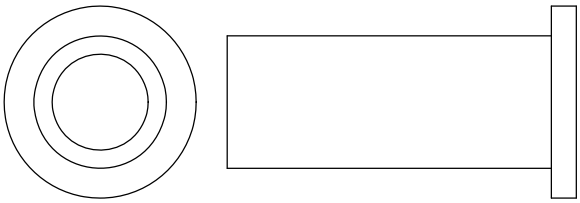
026-01M0788
.81" LONG HEAVY
FLANGED SPACER



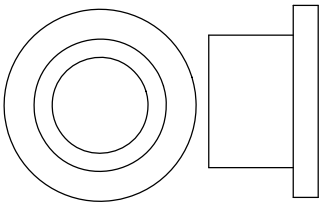
026-01M0780
.65" LONG HEAVY
FLANGED SPACER



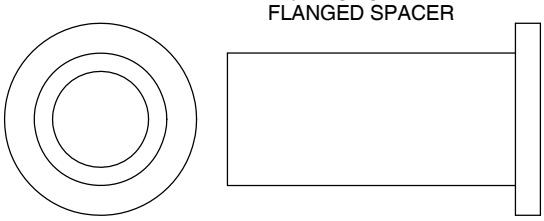
026-01M0761
1 11/16" LONG HEAVY
FLANGED SPACER



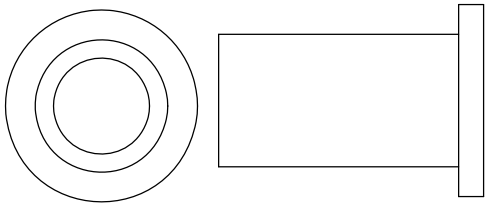
026-01M0789
.44" LONG HEAVY
FLANGED SPACER



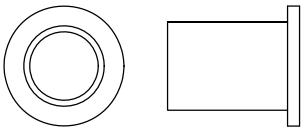
026-01M0762
1 1/2" LONG HEAVY
FLANGED SPACER



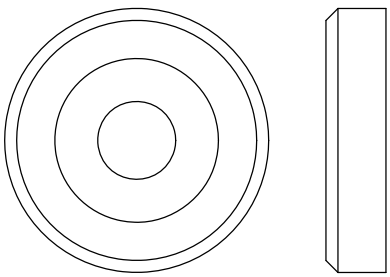
026-01M0768
1 1/4" LONG HEAVY
FLANGED SPACER



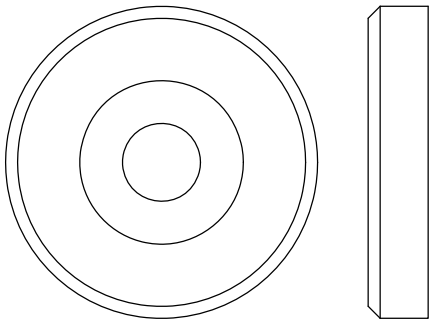
026-01M0600
.625" LONG
FLANGED SPACER



026-01M0240
1 3/8" ALUMINUM
FLATHEAD CAP



026-01M0239
1 5/8" ALUMINUM
FLATHEAD CAP



MAINTENANCE SCHEDULE

ROUTINE	*COMMERCIAL MAINTENANCE*	*HOME MAINTENANCE*	*LATEST DATE ENTRY*								
Inspect; Links, Pull Pins, Snap Locks, Swivels, Weight Stack Pins	DAILY	WEEKLY									
Clean; Upholstery	DAILY	WEEKLY									
Inspect; Cables or Belts and their tension	DAILY	WEEKLY									
Inspect; Accessory Bars, and Handles	WEEKLY	3 MONTHS									
Inspect; All Decals	WEEKLY	3 MONTHS									
Inspect; All Nuts and Bolts, Tighten if needed	WEEKLY	3 MONTHS									
Inspect; Anti-Skid Surface	WEEKLY	3 MONTHS									
Clean & Lubricate; Guide Rods with a Teflon (PTFE) based lubricant (Superlube)	MONTHLY	3 MONTHS									
Lubricate; Seat Sleeves, Turcite Bushings, Linear Bearing	MONTHLY	3 MONTHS									
Clean and Wax; All Glossy Finishes	6 MONTHS	YEARLY									
Repack with Grease; Linear Bearings	6 MONTHS	YEARLY									
Replace; Cables, Belts and Connecting Parts	YEARLY	3 YEARS									

Your equipment comes with a commercial maintenance decal.
For personal, in home use, please follow the home maintenance schedule listed above.

HOIST FITNESS SYSTEMS
GENERAL MAINTENANCE INFORMATION

Links, Pull-Pins, Snap Hooks, Swivels, Weight Stack Pins:

*Check all pieces for signs of visible wear or damage.

*Check springs in snap hooks and pull-pins for proper tension and alignment.

*If the spring sticks or has lost its rigidity, replace it immediately.

Upholstery:

*To ensure prolonged upholstery life and proper hygiene, all upholstered pads should be wiped down with a damp cloth after every workout.

*Periodically take the time to use a mild soap or an approved vinyl upholstery cleaner to deter the onset of cracking or drying. Avoid using any abrasive cleaners or cleaners not intended for use on vinyl.

*Replace ripped or warn upholstery immediately.

*Keep sharp or pointed objects clear of all upholstery.

Decals:

*Inspect and familiarize yourself with any safety warnings or other user information posted on each decal.

Nuts and Bolts:

*Inspect all nuts and bolts for any loosening and tighten if needed.

*Go through a re-tightening sequence periodically to ensure that all hardware is tensioned proper.

Anti-Skid Surfaces:

*These surfaces are designed to supply secure footing and need to be replaced if they appear worn or become slippery.

Belts and Cables:

*Hoist uses only high quality belt, and mil-spec cables.

*Visually inspect the belts and cables for fraying, cracking, peeling or discoloration.

*While the machine is not in use, carefully run your fingers along the belt or cable to feel for thinning or bulging areas.

*Replace belts and cables immediately at the first signs of damage or wear. Do not use equipment until belts or cables have been replaced.

Belt and Cable Tension:

*Referring to the Owners Manual, when belts or cables are used check all bolts attachments to be sure they are properly attached.

*Check slack in cables and re-adjust cable tension if needed.

Seat Sleeves, Guide Rods:

*Wipe down adjusting tubes with a dust free rag before applying lubricant.

*Lubricate seat sleeves and Guide Rods with a Silicon or Teflon based lubricant spray.

Linear Bearings:

*Referring to the Owners Manual carefully disassemble the bearing from its housing and place a finger full of light grease (lithium, super lube, etc.) into the inside of the bearing. Using your finger, press the grease into the ball-bearings and their tracks. repeat until the ball-bearing tracks are full of grease. Insert the shaft back into the bearing and wipe off excess grease.

PLEASE KEEP THIS FOR YOUR RECORDS

WEIGHT TRAINING TIPS

Use this manual to guide you through the basic exercises you can perform on your CF-3160 HOIST® Fitness System. To gain maximum results and avoid possible injury, consult a fitness professional to develop your complete exercise program.

Always consult your physician before starting any exercise program.

To be successful in your exercise program, it is important to develop an understanding of the basic principles of strength training. Now that you have your CF-3160 HOIST® Fitness System, it is only natural that you want to get started immediately. First, determine a set of realistic goals and objectives for yourself. By deciding on an exercise plan that is right for you prior to starting, you will contribute significantly to your success.

Warm up properly before engaging in weight resistance training. Stretching, yoga, jogging, calisthenics or other cardiovascular exercise can help prepare your body for the heavier workload of lifting weights.

Learn how to perform the exercise correctly before using heavy weight. Correct form is important to avoid injury and to ensure that you work the proper muscle groups.

Know your limitations. If you are new to weight training or are embarking on an exercise regimen after a long layoff, start slowly and build foundational strength over a longer period of time.

Pay attention to your breathing. Exhale when you exert is a general rule of thumb. Never hold your breath.

Enjoy your CF-3160 HOIST® Fitness System!

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WEIGHT TRAINING EXERCISE LOG

S = Sets R = Repetition per set W = Weight used

Date																																
Exercise	S	R	W	S	R	W	S	R	W	S	R	W	S	R	W	S	R	W	S	R	W	S	R	W	S	R	W	S	R	W	S	R	W
Totals																																

HOIST FITNESS SYSTEMS
LIMITED LIFETIME WARRANTY

Hoist Fitness Systems warrants this product to the **original purchaser** to be free from defects in workmanship and/or materials under normal use or service. If at any time a component part is defective, Hoist Fitness Systems shall repair or replace it (at Hoist Fitness Systems option) within a reasonable period of time. This warranty does not cover costs of removal. transportation or reinstallation. This warranty shall not apply if the defect was caused by misuse, neglect or normal wear and tear.

WARRANTY CLAIMS. All claims require: Model number, Serial number, Date of installation, and any information supporting the existence of the alleged defect.

To complete Warranty Registration visit:
www.HOISTFITNESS.com
and click on the Warranty Registration link

Starting from the original date of purchase, normal wear and tear shall be considered as the following:

COMMERCIAL USE: All malfunctions of upholstery, grips, paint, and chrome that occur after one year; all malfunctions of electronic components, belts, or cables after one year; all malfunctions of pulleys, bearings, or bushings that occur after five years. The frame and all welded components are warranted for the life of the product.

HOME USE: All malfunctions of grips, paint, and chrome that occur after ten years; all malfunctions of electronic components, belts, cables, or upholstery that occur after ten years; all malfunctions of pulleys, bearings, or bushings that occur after ten years. The frame and all welded components are warranted for the life of the product.

PLEASE NOTE THAT NOT ALL HOIST PRODUCTS ARE MADE FOR COMMERCIAL USE.

Refer to the instructions page of your owners manual or consult with you fitness product dealer to establish if a product is made for commercial use or not. Using a non-commercial product in a commercial setting can result in serious injury or death!

Hoist Fitness Systems sole responsibility shall be to repair or replace the component within the terms stated above. Hoist Fitness Systems shall not be liable for any loss or damage of any kind including any incidental or consequential damages resulting, directly or indirectly from any warranty expressed or implied or any other failure of this product.

WHAT IS NOT COVERED BY THIS WARRANTY

Hoist's sole obligation under this warranty is limited to either repair or replacement of parts, subject to the additions below. This warranty neither assumes nor authorizes any person to assume obligations other than expressly covered by this warranty.

NO CONSEQUENTIAL DAMAGES. Hoist is not responsible for economic loss; profit loss; or special, indirect, or consequential damages.

WARRANTY IS NOT TRANSFERABLE. This warranty is not assignable and applies only in favor of the original purchaser/user to whom delivered. Any such assignment or transfer shall void the warranties herein made and shall void all warranties, expressed, implied or statutory, except the one (1) and five (5) year warranties described above. These warranties are exclusive and in lieu of all other warranties, including implied warranty and merchantability or fitness for a particular purpose. There are no warranties which extend beyond the description on the face hereof.

TRANSPORTATION COSTS. Hoist will accept parts covered under this warranty freight collect, provided that shipment has received prior approval. Hoist is not responsible for any other transportation costs, but will ship freight collect parts either repaired or replaced under these warranties.

Hoist Fitness Systems
9990 Empire St. #130
San Diego, CA. 92126
(800)548-5438

PLEASE KEEP THIS FOR YOUR RECORDS